



# stətíłəm ʔiyám' Virtual Program Kickoff

WEDNESDAY APRIL 15 | 3 P.M. - 4 P.M.  
ZOOM (INFO ON BACK)

Over the next couple months when everyone is stuck at home we will be hosting weekly classes online! We will be discussing gardening, exercise, nutrition and diabetes management. Join us and meet the folks that we will be learning from. Bring your questions and ideas of how we can make the classes better suited for you.

# stə́tíʔəm ʔiyám'

**Join us Every Wednesday 3pm-4pm**

April 15th Program Kickoff

1st Wednesday - Moving Strong

2nd Wednesday - Healing Strong

3rd Wednesday - Growing Strong

4th Wednesday - Feeding Strong

Join us on Zoom

Meeting ID: 268 928 654

or call in to +1 253 215 8782

## Planter Boxes

Last year our planter box building workshop filled up. Since its not safe for us to get together we are putting together kits for those who didn't make them last year. We will be making a video that shows the steps and will be on-call for questions. If you don't have a drill, no problem we will loan you one of ours. We have 20 kits which will be on a first come firs serve basis.

We are also looking for volunteers to look after plant starts for the farm (materials to be provided)

To get on the list for planter boxes or for questions about the stə́tíʔəm ʔiyám' zoom meetings contact Mackenzie Grinnell  
mgrinnell@jamestowntribe.org (360) 461-3408